



## POST OPERATIVE INSTRUCTIONS

- **LUBRICATING DROPS:** Your eyes may burn and may feel scratchy for several days after surgery. Use lubricating eye drops as often as needed.
- **PLASTIC SHIELD:** You will receive a plastic shield on the day of surgery. Please wear the plastic shield while you are sleeping or lying down for 7 days/nights.
- **SUNGLASSES:** Wear sunglasses (any pair with UV protection) whenever you are outdoors for 1 month.
- **RUBBING YOUR EYE:** Do not put any pressure or rub your eye for 2 weeks.
- **MAKE-UP** Avoid wearing make-up for 1 week.
- **CLEANING YOUR EYE:** You should wipe off the drop residue gently with a clean tissue.
- **EATING AFTER SURGERY:** You may eat what you like after surgery but do not drink alcohol for 24 hours as this may interact with the anesthesia medications you have had during surgery.
- **ACTIVITIES:** You may resume light activities, but avoid heavy lifting, straining, or intense exercising for 2 weeks. No swimming under water or diving for 1 month. Golf or tennis is permissible after 1 week with protective eye wear. Avoid dirty or dusty activities (e.g. gardening or home renovation) for 2 weeks.
- **SHOWERING/BATHING:** You may take a bath anytime or shower from neck down but you must avoid getting soap or water in the operated eye 2 weeks.
- **DRIVING:** You should avoid driving for the first 48-72 hours following your surgery unless your surgeon tells you otherwise. Your vision may seem clearer but you still may not be legally allowed to drive.
- **RESUMING WORK:** For office or desk jobs resume work within 1-3 days, for those who do more active work that requires lifting heavy objects and/or working in dusty environments we suggest 2 weeks off work.
- **EXTENDED TRAVELLING:** Please refrain from booking a flight or travelling abroad for the first 14 days following your surgery.
- **GLASSES:** it is normal for the operated eye to feel blurry for several hours or even a few days. Often the vision clears up slowly but it can also be sharp within a day. Everyone is different and each eye will heal differently. You will see one of our doctors in 5 to 7 days. You will see your optometrist 3-4 weeks after having your surgery.



## DROPS INSTRUCTIONS

	<b>Vigamox (Moxifloxacin)</b> ↓	<b>Maxidex</b> ↓	<b>Prolensa or Bromfenac</b> ↓
<b>On the day of surgery</b> Start when you go home	<b>1 drop every 2 hours</b>	<b>1 drop every 2 hours</b>	<b>None</b>
<b>Starting the day after surgery</b> Use drops until bottle is empty	<b>Continue 1 drop/ 3 times a day until the drops run out</b>	<b>Continue 1 drop/ 3 times a day until the drops run out</b>	<b>Continue 1 drop a day until the drops run out</b>

- ✓ Wait 1-2 minutes between all drops.
- ✓ You CAN use **LUBICATING** drops while using medication drops.
- ✓ KEEP using your **GLAUCOMA** drops if you are prescribed any.
- ✓ There is a **REFILL** on the medication prescription you received for your first surgery.  
This refill is for your second eye surgery, if applicable.

## EMERGENCY CALLS:

PLEASE CALL US IF YOU EXPERIENCE ANY OF THE FOLLOWING IN THE FIRST WEEK

Decreased vision  
Increased redness  
Increased pain  
Increased floaters

### FIRST 10 DAYS

- **DURING OFFICE HOURS** (8am-4:30pm): CALL 416-792-3043 or 416-748-2020
- **AFTER HOURS** Please go to your nearest Emergency Department

### AFTER 10 DAYS

- **DURING OFFICE HOURS** (8am-4:30pm) CALL: 416-792-3043 or 416-748-2020
- **AFTER HOURS AND IT IS AN EMERGENCY, GO TO YOUR NEAREST EMERGENCY DEPARTMENT.**

If you are admitted to a hospital within 10 days of the procedure for any medical reason, please notify our office.